



## English Championships Golden Sunday

### Individual and Synchro Trampoline

Level		Flight		Panel 1		Panel 2		Panel 3		Level		Flight		Panel 4	
<b>Golden Sunday</b>	1	Age Group:		TRA 9-10 Female		TRA 9-10 Male		TRS 13-14 M & F		1	Age Group:		15-16 Male		
		No:		(1-14)		(1-7)		(1-3 & 1-5)			No:		(1-5)		
		Registration		7:30	8:00	7:30	8:00	7:30	8:00		Registration:		7:30	8:00	
		General Warm Up		8:00	8:30	8:00	8:30	8:00	8:30		General Warm Up:		8:00	8:30	
		March In		8:30	8:35	8:30	8:35	8:30	8:35		March In:		8:30	8:35	
		One Touch:		8:35	8:45	8:35	8:45	8:35	8:50		Two Touch:		8:35	8:50	
		Compete:		8:45	9:10	8:45	9:10	8:50	9:35		Compete Pass 1 & 2:		8:50	9:10	
		One Touch:		9:10	9:20	9:10	9:20				Two Touch:		9:10	9:20	
	Final:		9:20	9:35	9:20	9:35			Compete Pass 3 & 4:		9:20	9:35			
	March Out:		9:35	9:40	9:35	9:40	9:35	9:40	March Out:		9:35	9:40			
	2	Age Group:		TRA 11-12 Female		TRA 11-12 Male		TRS 15 - 16 M & F		2	Age Group:		Senior Female		
		No:		(1-15)		(1-15)		(1 & 1-6)			No:		(1-12)		
		Registration		8:45	9:10	8:45	9:10	8:45	9:10		Registration:		7:30	8:00	
		General Warm Up		9:10	9:40	9:10	9:40	9:10	9:40		General Warm Up:		8:00	8:30	
		March In		9:35	9:40	9:35	9:40	9:35	9:40		March In:		9:40	9:45	
		One Touch:		9:40	9:50	9:40	9:50	9:40	9:55		Two Touch:		9:45	10:00	
Compete:		9:50	10:15	9:50	10:15	9:55	10:40	Compete Pass 1 & 2:			10:00	10:20			
One Touch:		10:15	10:25	10:15	10:25			Two Touch:			10:20	10:30			
Final:		10:25	10:40	10:25	10:40			Compete Pass 3 & 4:		10:30	10:40				
March Out:		10:40	10:45	10:40	10:45	10:40	10:45	March Out:		10:40	10:45				
3	Age Group:		TRA 13-14 Female		TRA 13-14 Male		TRS Mixed 9-12		3	Age Group:		Senior Male			
	No:		(1-16)		(1-16)		(1-9)			No:		(1-11)			
	Registration		9:50	10:15	9:50	10:15	9:50	10:15		Registration:		9:10	9:35		
	General Warm Up		10:15	10:45	10:15	10:45	10:15	10:45		General Warm Up:		9:35	10:05		
	March In		10:40	10:45	10:40	10:45	10:40	10:45		March In:		10:05	10:10		
	One Touch:		10:45	10:55	10:45	10:55	10:45	11:00		Two Touch:		10:10	10:25		
	Compete:		10:55	11:25	10:55	11:25	11:00	11:50		Compete Pass 1 & 2:		10:25	10:50		
	One Touch:		11:25	11:35	11:25	11:35				Two Touch:		10:50	11:00		
Final:		11:35	11:50	11:35	11:50			Compete Pass 3 & 4:		11:00	11:20				
March Out:		11:50	11:55	11:50	11:55	11:50	11:55	March Out:		11:20	11:25				
4	Age Group:		Disabilities Cat 1 M & F		Disabilities Cat 2 M & F		TRS Senior M & F		4	Age Group:		15-16 Female			
	No:		(1-5 & 1-4)		(1-4 & 1-8)		(1-2 & 1-2)			No:		(1-12)			
	Registration		11:00	11:25	11:00	11:25	11:00	11:25		Registration:		10:25	10:50		
	General Warm Up		11:25	11:55	11:25	11:55	11:25	11:55		General Warm Up:		10:50	11:20		
	March In		11:50	11:55	11:50	11:55	11:50	11:55		March In:		11:20	11:25		
	One Touch:		11:55	12:05	11:55	12:05	11:55	12:10		Two Touch:		11:25	11:40		
	Compete:		12:05	12:35	12:05	12:35	12:10	13:00		Compete Pass 1 & 2:		11:40	12:05		
	One Touch:		12:35	12:45	12:35	12:45				Two Touch:		12:05	12:15		
Final:		12:45	13:00	12:45	13:00			Compete Pass 3 & 4:		12:15	12:30				
March Out:		13:00	13:05	13:00	13:05	13:00	13:05	March Out:		12:30	12:35				

### Morning Presentation 13:20 - 14:00

### Judges Lunch

<b>Golden Sunday</b>	5	Age Group:		TRA 15-16 Female		TRA 15-16 Male		5	Age Group:		9-12 Female	
		No:		(1-15)		(1-14)			No:		(1-13)	
		Registration		13:15	13:40	13:15	13:40		Registration:		12:40	13:05
		General Warm Up		13:40	14:10	13:40	14:10		General Warm Up:		13:05	13:35
		March In		14:05	14:10	14:05	14:10		March In:		13:35	13:40
		One Touch:		14:10	14:20	14:10	14:20		Two Touch:		13:40	13:55
		Compete:		14:20	14:50	14:20	14:50		Compete Pass 1 & 2:		13:55	14:10
		One Touch:		14:50	15:00	14:50	15:00		Two Touch:		14:10	14:20
	Final:		15:00	15:15	15:00	15:15	Compete Pass 3 & 4:		14:20	14:30		
	March Out:		15:15	15:20	15:15	15:20	March Out:		14:30	14:35		
	6	Age Group:		TRA 17-21 Female		TRA 17-21 Male		6	Age Group:		9-12 Male	
		No:		(1-16)		(1-14)			No:		(1-11)	
		Registration		14:25	14:50	14:25	14:50		Registration:		12:40	13:05
		General Warm Up		14:50	15:20	14:50	15:20		General Warm Up:		13:40	14:10
		March In		15:15	15:20	15:15	15:20		March In:		13:35	13:40
		One Touch:		15:20	15:30	15:20	15:30		Two Touch:		14:35	14:45
		Compete:		15:30	16:00	15:30	16:00		Compete Pass 1 & 2:		14:45	15:05
		One Touch:		16:00	16:10	16:00	16:10		Two Touch:		15:05	15:15
	Final:		16:10	16:25	16:10	16:25	Compete Pass 3 & 4:		15:15	15:25		
	March Out:		16:25	16:30	16:25	16:30	March Out:		15:45	15:50		
	7	Age Group:		TRA Senior Ladies		TRA Senior Male		7	Age Group:		13-14 Male & Female	
		No:		(1-5)		(1-9)			No:		(1-5 & 1-12)	
		Registration		15:35	16:00	15:35	16:00		Registration:		14:50	15:15
		General Warm Up		16:00	16:30	16:00	16:30		General Warm Up:		15:15	15:45
March In		16:25	16:30	16:25	16:30	March In:			15:45	15:50		
One Touch:		16:30	16:40	16:30	16:40	Two Touch:			15:50	16:05		
Compete:		16:40	17:10	16:40	17:10	Compete Pass 1 & 2:			16:05	16:30		
One Touch:		17:10	17:20	17:10	17:20	Two Touch:			16:30	16:45		
Final:		17:20	17:35	17:20	17:35	Compete Pass 3 & 4:		16:45	17:00			
March Out:		17:35	17:40	17:35	17:40	March Out:		17:00	17:05			

### Presentation for the Evening Group 17:50 - 18:30